

STATE OF CONNECTICUT MUNICIPAL POLICE TRAINING COUNCIL ENTRY LEVEL PHYSICAL AGILITY STANDARDS

PRE-EMPLOYMENT PHYSICAL AGILITY TEST BATTERY

Minimum Scores for Employment as Police Officer
(Scores Indicate 40th Percentile of Fitness)

SIT-UP	<u>MUSCULAR ENDURANCE</u> -- The score is the number of bent-leg sit-ups performed in one minute.
FLEX	<u>FLEXIBILITY</u> - The "sit-and-reach" test measures the flexibility of the lower back and hamstrings and the candidates range of motion. The test involves stretching out to touch the toes and beyond with extended arms from the sitting position. The score is in inches reached on a yardstick with the 15" mark being at the toes and the 36" mark being at the far end away from the toes.
BENCH	<u>ABSOLUTE STRENGTH</u> -- One (1) repetition maximum bench press using Dynamic Variable Resistance (DVR) protocol. The score is a ratio of weight pressed divided by body weight.
1.5 MI RUN	<u>CARDIOVASCULAR CAPACITY</u> -- 1.5 mile run. The score is in minutes:seconds.

<u>AGE/SEX</u>	<u>TEST</u>			
MALE	SIT-UP	FLEX	BENCH	1.5 MI RUN
20-29*	38	16.5	.99	12:25
30-39	35	15.5	.88	12:51
40-49	29	14.3	.80	13:46
50-59	24	13.3	.71	14:54
FEMALE				
20-29*	32	19.3	.59	14:49
30-39	25	18.3	.53	15:25
40-49	20	17.3	.50	16:12
50-59	14	16.8	.44	17:14

*Candidate, tested at age 20, may not be appointed until age 21.

The agility examination will be the first examination in the recruitment process and we suggest that you should begin to prepare now. If you hold a current agility certification and it is valid on the date you are scheduled to take the agility test, you will have the opportunity to submit it in lieu of taking the test. **Do not include it with your application.** You also have the option of obtaining this certification at your own expense before the agility test. You may want to consider this if you think there may a conflict of dates when you receive an invitation to take the test, or may have other issues that might prevent you from attending this test. **There will be no rescheduling of tests.**

Information on referral to this private agility test, or any answers needed regarding the agility test, may be obtained from the Hartford Police Academy by calling (860) 722-6100.